Races of Runeterra

Version 3

Humans

The tried and true humans are the most common beings you'll see in Runeterra. From Ionia to Freljord to Shurima, all these people are of a single race, though much like the magic-infused planet they dwell on, Humans are often varied and diverse.

Perhaps it is because of their shorter lives that they strive to achieve as much as they can in the years they are given. Or maybe they feel they have something to prove to the elder races. and that's why they build their mighty empires on the foundation of conquest and trade. Whatever drives them. humans are the innovators. the achievers. and the pioneers of the worlds.

> Take care with this world. What is made can be unmade." - Ryze

Human Existence

While it's unclear where exactly humans originated from, they quickly spread throughout all of the continents and islands, forming settlements that would later grow into nations. This includes the ancient communities of Shurima and Icathia. It's also known that humans had a lot of dealings with the other races of Runeterra, such as the Vastaya and Yordles. In the case of the Vastaya, the ancient humans mixed with the Vastaya'sharei to eventually create the modern-day Vastaya races.

Humans also settled in the areas of Freljord and middle Valoran, eventually forming small kingdoms and larger provinces such as Demacia and Noxus. Over time, the sheer difference of the regions and the magics that inhabit the world caused humans to slightly differ from one another.

The Rune Wars

Rune Magic uses several dozen symbols of an ancient language to draw power from the planet itself, making the power of a single spell theoretically infinite. Rune Magic is so devastating that the very landscape of the continent of Valoran was broken countless times, leading to anomalies like Plague Jungles, Freljord, and Shurima Desert. It's unconfirmed, but Rune Magic and Runic language is rumored to be the language of the gods - leading to the theory that the very world itself was created through the use of Rune Magic, spoken by the gods themselves.

A sorcerer named Tyrus of Helia, was a member of an ancient order whose mission had been to gather and protect the most dangerous artifacts in Runeterra. The World Runes. In spite of the order's best efforts, knowledge of the Runes began to spread — few could even begin to understand their importance, or the sheer power held within them, and yet all saw them as weapons that could be turned against their rivals.

But over time, their missions became increasingly precarious. Finally, in the Noxii territories, the first cataclysmic blow was struck in what would eventually be known as the Rune Wars.
The earth fell away beneath them, the bedrock itself seeming to retch and squeal, while the sky above them recoiled as if mortally wounded. They looked back upon the valley where the rival armies had stood, and beheld insanity — destruction on a scale so massive that it defied all physical sense. The buildings, the people, all were gone, and the ocean, once a day's journey to the east, now rushed to meet them.

Many were deeply sobered by the threat of total annihilation. Indeed, those who had already suffered most bitterly in the war might have agreed to turn over their Runes, and yet none of them wished to be the first to do so. Soon, the greatest civilizations all but destroyed one another, ending the war. And over time, the knowledge of the World Runes and Rune Wars were thought to be forgotten...

Varied Culture

Having so much more variety than other cultures, humans as a whole have no typical names. Some human parents give their children names from other languages, but most parents give names that are linked to their region's culture or to the naming traditions of their ancestors. The material culture and physical characteristics of humans can change wildly from region to region.

Human Traits

Ability Score Increase. You can increase two ability scores of your choice by 1, and another ability score is increased depending on your subrace.

Age. Humans are adapted to the harsh environments of Runeterra, thus they reach adulthood in their late teens and live for a little over a century.

Alignment. Humans tend toward no particular alignment. The best and the worst are found among them.

Size. Humans vary widely in height and build, from barely 5 feet to well over 6 feet tall. Regardless of your position in that range, your size is Medium.

Speed. Your base walking speed is 30 feet.

Languages. You can speak, read, and write Common and one extra language depending on your subrace.

Versatility. You gain proficiency in one skill of your choice.

Subrace. Humans across Runeterra are varied, whether it be due to the environment, certain circumstances or inherited by ancestors.

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Bilgewater Islander

While much of Valoran knows the archipelago as the Blue Flame Isles, to the indigenous people of Buhru they have only ever been the Serpent Isles. Buhru's ancient culture is highly respected, reflected, and sometimes imitated in the daily life of Bilgewater—including traditional medicine, and monster hunting techniques.

Ability Score Improvement. Your Charisma score increases by 1.

Buhru Weapon Training. You are proficient with spears, tridents, and nets. You may treat these weapons as if they have the *finesse* trait.

Bilgewater Heritage. You can read, write and speak Common and Thieves' Cant. You are proficient with water vehicles, and one tool; choosing from carpenter, cartographer, navigator, weaver, or woodcutter's tools.

Sea Legs. You have a swimming speed of 20 feet, and can hold your breath for a number of minutes equal to twice your Constitution modifier.

Demacian

Demacia is a proud, lawful kingdom with a military history. Founded as a refuge from magic after the Rune Wars, some might suggest that the golden age has passed, unless it proves able to adapt to a changing world. Self-sufficient and agrarian, its society is inherently defensive and insular, valuing justice, honor, and duty above all else.

Ability Score Improvement. Your Strength score increases by 1.

Demacian Endurance. When you take damage, you can use your reaction to roll a d12. Add your Constitution modifier to the number rolled, and reduce the damage by that total. After you use this trait, you can't use it again until you finish a short or long rest.

Kingdom Lore. You can write, read and speak Common and Demacian.

Observant. You have proficiency in either the Perception or Investigation skill.

Freljordian

The Freljord is a harsh and unforgiving land, where demi-gods are thought to walk the earth and the people are born warriors. While there are many individual tribes, the three greatest are the Avarosans, the Winter's Claw, and the Frostguard, each uniquely shaped by their will to survive. It is also the only place on Runeterra where True Ice can be found.

Ability Score Improvement. Your Constitution score increases by 1.

Traction. You can treat snow and slippery surfaces as normal terrain instead of difficult terrain.

Aggressive. As a bonus action, you can move up to your speed toward an enemy of your choice that you can see or hear. You must end this move closer to the enemy than you started.

Arctic Lore. You can speak, read and write Freljordian. You are proficient in either the Athletics or Survival skill.

Ionian

Ionia is an island continent of natural beauty and magic. Its inhabitants, living in loosely collected provinces, are a spiritual people, seeking harmony with the world.

Ability Score Improvement. Your Wisdom score increases by 1.

Ionian Tradition. You can speak, read and write Ionian, and have proficiency in one of the following skills: Arcana, History, Insight, Religion.

Language. You can speak, read and write Common and Ionian.

Swiftness. Your base walking speed increases by 5 feet. Whenever you use your action to take the Dash action, you gain an extra 5 feet of movement until the end of your turn.

Magical Lands. You know one of the three following cantrips; Druidcraft, Prestidigitation, or Thaumaturgy.

Ixtali

Secluded deep in the wilderness of eastern Shurima, the sophisticated arcology-city of Ixaocan remains mostly free of outside influence. Having witnessed from afar the ruination of the Blessed Isles, and the softening of Buhru culture, the Ixtali view the other factions of Runeterra as little more than upstarts and pretenders, and use their powerful elemental magic to keep any intruders at bay.

Ability Score Improvement. Your Charisma score increases by 1.

Magical Ancestry. You have advantage to saving throws against being charmed, and magic can't put you to sleep.

Language. You can speak, read and write Common and one language of your choice.

Druidic Talent. You know the *Druidcraft* cantrip. Once you reach 3rd level, you can cast the *Entangle* spell once per day as a 1st-level spell using this trait. Charisma is your spellcasting ability for this spell.

Noxian

Noxus is a brutal, expansionist empire, yet those who look beyond its warlike exterior will find an unusually inclusive society. Anyone can rise to a position of power and respect if they display the necessary aptitude, regardless of social standing, background, or wealth. Noxians value strength above all, strength that can manifest in many different ways.

Ability Score Improvement. Your Strength score increases by 1.

Noxian Might. Your hit point maximum increases by 2, and it increases by 1 every time you gain a level.

Trifarian Lore. You can write, read and speak Common and Ur'Nox. You have proficiency in the Intimidation skill.

Martial Training. You have proficiency in light and medium armor and two weapons of your choice.

Piltovan

Piltover is a thriving, progressive city. Ships fleets pass through its titanic sea-gates, bringing goods from all over. Merchant clans fund massive endeavors. With ever more inventors delving into hextech, Piltover is the place for the most skilled craftspeople from across Runeterra.

Ability Score Improvement. Your Intelligence score increases by 1.

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Piltovan Education. You are proficient in the Arcana and History skills. You can read, write, and speak and extra language of your choice.

Craftsman's Attunement. The maximum number of magic items you can attune to at once increases by one.

Tinker. You have proficiency with artisan's tools (tinker's tools). Using those tools, you can spend 1 hour and 10 gp worth of materials to Construct a Tiny clockwork device (AC 5, 1 hp). The device ceases to function after 24 hours (unless you spend 1 hour repairing it to keep the device functioning), or when you use your action to dismantle it; at that time, you can reclaim the materials used to create it. You can have up to three such devices active at a time. When you create a device, choose one of the following options:

Clockwork Toy: This toy is a clockwork animal, monster, or person, such as a frog, mouse, bird, dragon, or Soldier. When placed on the ground, the toy moves 5 feet across the ground on each of your turns in a random direction. It makes noises as appropriate to the creature it represents.

Fire Starter: The device produces a miniature flame, which you can use to light a Candle, torch, or campfire. Using the device requires your action.

Music Box: When opened, this music box plays a single song at a moderate volume. The box stops playing when it reaches the song's end or when it is closed.

Zaunite

Zaun is a polluted under-city beneath Piltover. Stifled inventors find their unorthodox research welcomed in Zaun, but reckless industry has rendered whole swathes of the city highly toxic. Even so, thanks to a thriving black market, chemtech, and mechanical augmentation, the people still find ways to prosper.

Ability Score Improvement. Your Intelligence Score increases by 1.

Zaunite Resistance. You have resistance to diseases and have advantage on saving throws against becoming poisoned, and against effects that deal poison damage.

Street Smarts. You know one cantrip from the Conjuration or Illusion schools of magic. You also have proficiency in either the Stealth or Sleight of Hand skill.

Shuriman

Shurima was once a thriving civilization that spanned the southern continent, left in ruins by the fall of its God-Emperor. Over millennia, tales of its former glory became myth and ritual. Now, its nomadic inhabitants eke out a life in the deserts, or turn to mercenary work.

Ability Score Improvement. Your Dexterity score increases by 1.

Shuriman Endurance. If you fail a Constitution saving throw, you can roll the die again and must use the new result. Once you use this trait, you must finish a long rest before you can use it again. Additionally, you are immune to the effects of extreme heat.

Desert Training. You are proficient in the longsword and whip. Additionaly, choose to have proficiency with two of the following skills of your choice: Animal Handling, Nature, Perception, Stealth, and Survival.

Targonian Lunari

An ancient underground sect, the Lunari worship the holy light of the silver moon. They practice their beliefs in secret, hiding from the Solari who seek to expel the Lunari from the mountain forever. Some say that long ago, the two groups coexisted, living in peace and worshiping the many celestial bodies as one people.

Ability Score Improvement. Your Wisdom score increases by 1.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray. Magical darkness cannot impede your vision.

Divine Resilience. You have advantage on saving throws against effects that deal radiant or necrotic damage.

Language. You can read, speak and write Common and Celestial.

Divine Lore. You have proficiency in either the Persuasion or Religion skill, your choice.

Targonian Solari

The dominant religious group on Mount Targon, the Solari believe the sun is the source of all life. To them, all other light sources are false, and a threat to the future of their people. Their warrior-templars, the Ra'Horak, practice for years under the harshest conditions so they can defend the land against invading armies and execute heretics with divine righteousness.

Ability Score Improvement. Your Wisdom score increases by 1.

Divine Resilience. You have advantage on saving throws against effects that deal radiant or necrotic damage.

Divine Lore. You have proficiency in either the Persuasion or Religion skill, your choice.

Language. You can read, speak and write Common and Celestial.

Healing Hands. As an action, you can touch a creature and cause it to regain a number of hit points equal to your level. Once you use this trait, you can't use it again until you finish a long rest.

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Iceborn

The Iceborn are a rare magical subtype of humans from the Freljord, capable of manipulating both True Ice and Dark Ice. Very few Iceborn exist today, though the title and ability to work with ice are both heritable (can be passed down through generations).

Once thought as a rare phenomenon indeed, the blood of the tribes has been known to carry the power of an ancient and terrible bargain. From mother to child, the Iceborn are stronger, tougher, more resistant to cold—and they alone are capable, with great effort, of wielding weapons of magical, unmelting True Ice.

Though otherwise human, Iceborn have blue or pale white skin. They are also able to endure lower temperatures than any normal human, being able to withstand the freezing cold of the Howling Abyss.

History

The Iceborn were a powerful group of people who lived in the Freljord centuries ago. They had the ability to control both True Ice and Dark Ice, though the latter was more dangerous to manipulate. As explained by Lissandra, ancient people who lived in Freljord were visited by mysterious entities known as the Frozen Watchers. The Watchers were beings of great power and knowledge. They made these people immortal and gave them powerful magic in exchange for their servitude, dubbing them Iceborn.

After some time, two Iceborn leaders, Lissandra's sisters: Avarosa and Serylda started a rebellion against the Watchers, tired of their slave-like status. On a fateful day, Avarosa's and Serylda's Iceborn hordes had their final battle against the Watchers on what is now known as the Howling Abyss.

In the end, both Avarosa and Serylda gave their lives to defeat the Watchers and were thrown into the abyss, supposedly killing them, along with thousands of other Iceborn. However, according to Lissandra, and suggested by Gregor and Lyte, they are very much alive, and making their way back onto the surface.

Iceborn Traits

Ability Score Improvement. One ability score of your choice by 2 and your Wisdom score increases by 1.

Age. Iceborn reach maturity much like humans, after which they do not visibly age and live incredibly long, to the point that they are often thought to be biologically immortal. Iceborn passing away due to old age is incredibly rare, if not merely a myth.

Alignment. Iceborn are much like Freljordians; The settle into tribes and often lead them, giving them a lawful bent.

Size. Iceborn are generally between 5 to 6 feet tall, much like normal humans. Your size is Medium.

Speed. Your base walking speed is 30 ft.

Languages. You can read, speak and write Common and Freljordian.

Tundral Home. You can treat snow and slippery surfaces as normal terrain instead of difficult terrain. You gain proficiency in the Survival and Nature skills, as well as shortbows.

Iceborn Legacy. As an Iceborn, you are resistant to cold damage and become immune to the effects of Extreme Cold. You can also wield True Ice weapons as if it was a normal weapon.

Child of the Ice. As a bonus action, you can temporarily imbue any weapon with your natural ice magic. A nonmagical weapon you touch becomes a magic weapon for the purposes of overcoming resistance. For 1 hour, you can add 1d4 cold damage to your weapon damage. The damage increases to 2d4 at 6th level, 3d4 at 11th level, and 4d4 at 16th level. You cannot use this feature again until you complete a Long Rest.

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Vastaya

The Vastaya are a chimeric race of Runeterra that are the weaker magical descendants from enlightened mortals that took the power of the spirit realm into themselves known as the Vastayashai'rei. From the ferocious, bestial power of the Kiilash to the dexterity of the Shimon, Vastaya can look considerably different from one another, but they all share animal and human characteristics.

> "Chimeras with human blood? Spiritual magic from an ancient race? In my humble inquiries I have stumbled upon far greater questions... this shall make for quite the chronicle. A best-seller, in fact." - Eduard Santangelo, Vastaya Field Journal

The Ancient Legends

In an age lost to myth, the harmony of the First Lands was shattered by war between mortals and a race of titans that had come from the skies above. Calling upon the wisdom of their ancestors, the most enlightened mortals took the power of the spirit realm into themselves, becoming Vastayashai'rei - deathless shapechangers who could wield the natural world itself as a weapon.

The titans were eventually defeated, and the Vastayashai'rei were hailed as the heroes of the age. Even so, they refused to put themselves above their mortal kin, choosing instead to live among them as equals.

Their descendants were known as the Vastaya. These were mystical, chimeric beings, neither mortal nor truly immortal, and greatly attuned to the magic of Runeterra.

In time, as the balance between realms was restored, the power of the Vastayashai'rei began to wane, and the Vastaya left to form their own tribes. They proudly took their names from those who had defeated the titans; noble Kiila, dutiful Chyr, cunning Lhotl, and countless more besides. For thousands of years, the Vastaya have sought to uphold their own spiritual legacy, even when it would bring them into conflict with one another.

The true existence and fate of the Vastaya were unknown to mainland scholars until an explorer from Piltover, Eduard Santangelo, chronicled his findings of this mysterious race during his expedition to Ionia. Upon first encountering them, he coined the term 'Phantasma', but later adopted the local name for them.

Physiology

Vastaya are a group of sexually dimorphic races of various shapes and sizes. Their animalistic appearance depends on the location in which they adapted, and their animal spirit. Each type of vastaya greatly differs from the others in appearance and abilities, but they are all in tune with the natural magic of Runeterra to some degree.

Different Vastayan tribes can reproduce. The Sodjoko are made up of various tribes coming together. What a child would look like depends on the parents, the nature and amount of magic the child grew up near, the customs of the tribe, and the child's own personality - especially its connection to the various animal spirits. This spiritual essence is known as an individuals' *Sho'ma*.

Most Vastaya have some ability to change their looks. Most arrive a shape that is comfortable, reflects the animal spirits connected to their tribe, and their own personality. They can change shape depending upon their personality, amount of time required for the change, and in the depth of their connection to their ancestry.

The vastaya generally avoid looking purely human or animalistic because it's uncomfortable. Some would find having human feet similar to wearing 8 inch heels, a size too small. It's possible, but ineffective and uncomfortable.

The Vast Vastayan Culture

Not much is known about their culture due to the mysterious nature of this race. However, we do know that many significant acts involve heavy use of magic.
Some vastaya tribes have a leader, or a hierarchy, but not uniformly, and not across the entire species.

Vastayan Traits

Ability Score Increase. Your Wisdom score increases by 2, and other scores depend on your subrace.

Age. The race ages far more slowly and has far longer life spans than humans. All true Vastaya individuals are at least about 180 years old.

Alignment. Vastaya value harmony and freedom, though alignment depends on the tribe.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You cannot discern color in darkness, only shades of gray.

Size. Vastaya vary a lot in appearance, though they are generally between 5 to 7 ft. tall. Your size is Medium.

Speed. Your base walking speed is 30 ft.

Languages. You can read and write Common and Baraashi.

Vastayan Spirit. You can alter small details of your appearance at will, such as the colour and patterns of your feathers, fur, scales or skin. You determine the specifics of the changes, including your coloration, hair length, eye color. You cannot alter your appearance to resemble another person.

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Magical Ancestry. You cannot be put to sleep by magical means and gain advantage against being charmed. You are proficient in the Animal Handling skill.

Subrace. Vastaya come in many different races and tribes. Choose only one subrace from below.

Landwalker Tribe - Khonlui

The Khonlui Vastaya are a scattered bunch, commonly in remote areas of Valoran. The Khonlui's most striking feature is that they resemble a strange mix of rhino and bear. Whether it be tough hide or thick fur, the Khonlui pride themselves on physical strength and mental fortitude.

Ability Score Improvement. Your Constitution score increases by 1.

Relentless Endurance. When you are reduced to O hit points, but not killed outright, you can drop to 1 hit point instead. You can't use this feature again until you finish a long rest.

Powerful Build. You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

Kohnlui Training. You gain proficiency in two martial weapons of your choice.

Landwalker Tribe - Kiilash

The Kiilash vastaya reside in Shurima. Their entire society revolves around the honor and glory of the hunt. Due to Shurima having a wide infestation of Voidborn creatures, the Killash see them as one of the most venerated and sought after prey.
Most of them are a form of large feline, such as tigers and lions. There are a few outliers, such as those who take physical traits from wolverines.

Ability Score Improvement. Your Strength score increases by 1.

Hunter Lore. You gain proficiency with two of the following skills of your choice: Animal Handling, Nature, Perception, Stealth, and Survival.

Powerful Legs. Your base walking speed increases to 35 feet and you can jump twice as far and high.

Mask of the Wild. You can attempt to hide even when you are only lightly obscured by foliage, heavy rain, falling snow, mist, and other natural phenomena.

Landwalker Tribe - Lhotlan

The Lhotlan vastaya have cultural and existential ties with Ionia. Being one of the oldest Vastayan tribes in existence, they have deep ties with their ancestral roots and protect their cultural heritage from the ever encroaching human population of the continent. The Lhotlan are typically avian in appearance, from peacocks to ravens and crows.

Ability Score Improvement. Your Charisma score increases by 1.

Fancy Footwork: You have proficiency in the Performance and Stealth skills, and gain resistance to fall damage.

Feather Blades. Your feathers are capable of hardening into natural projectiles. You can make a melee or ranged weapon attack that deals 1d4 piercing damage. It has the *finesse* and *thrown* (20/60) properties. They lose their sharpness and become regular feathers afterwards.

Landwalker Tribe - Shimon

The Shimon Vastaya reside in Ionia. These ape-like Vastaya are a wise, cautious people, and as pacifists, chose to build their society away from landwalkers, cultivating their society atop the tallest trees in Ionia. The Shimon see life as an evolutionary climb to wisdom, thus upon death, the Shimon believe they become stones, returning to the soil to begin the climb of life again.

Ability Score Improvement. Your Dexterity score increases by 1.

Agile Climber. Your natural agility allows you to climb as fast as your base walking speed.

Shimon Agility. You have advantage on Dexterity (Acrobatics) checks to escape being grappled, as well as any effects that can cause you to be restrained, magical or otherwise.

Prehensile Tail. You can use your tail to carry objects weighing no more than 2 pounds. It has a reach of 5 ft. You cannot make attacks with your tail or carry any weapons nor shields.

Trickster. You know the *prestidigitation* cantrip.

Ocean Tribe - Makara

Not much is known about the Makara tribes, as they are few in numbers and reside much deeper in the vast oceans of Runeterra. They also share a lot of aquatic appearances, and their Sho'ma are known to drift to predatory creatures. They tend to focus mainly on survival. The few who witnessed the Makara describe them as the 'carnivorous, ever-smiling ones'.

Ability Score Improvement. Your Constitution score increases by 1.

Amphibious. You can breathe air and water, and gain a 30 ft. swimming speed.

Prowlers of the Deep. Adapted to even the most extreme ocean depths, you have resistance to cold damage, and you ignore any of the drawbacks caused by a deep, underwater environment.

Hungry Jaws. Your fanged maw is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier, and heal a number of hit points equal to half the damage done.

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Ocean Tribe - Marai

The Marai Vastaya share a lot of piscine and aquatic traits. They have cultural ties with Mount Targon. The Moonstone protects its people from Voidborn, which come from the dark depths of the Guardian's Sea. However, the moonstone's energy needs to be replenished over time, so a Tidecaller of each generation is tasked to retrieve a new one from the contemporary vessel for the Targonian Aspect of the Moon.

Ability Score Improvement. Your Intelligence score increases by 1.

Amphibious. You can breathe air and water, and gain a 30 ft. swimming speed.

Guardians of the Deep. You are proficient in one tool, instrument or gaming set of your choice. Additionally, You are proficient with tridents, quarterstaffs and spears.

Cantrip. You know one cantrip of your choice from the sorcerer spell list. Wisdom is your spellcasting ability for it.

Sky Tribe - Chyra

The Chyra are commonly found within the Ionian skies or highest mountain peaks, where they can fly freely and without fear. Some Chyra are also known for their extremely beautiful songs, for they take after elegant avian animals. Some Bilgewater captains would mistake Chyra Vastaya for the legendary Sirens of the oceans, luring prey through song. This is not the case for the Chyra, mostly.

Ability Score Improvement. Your Charisma score increases by 1.

Strong Wings. You gain a flying speed of 30 feet. To use this speed, you can't be wearing heavy armor.

Call. Whenever you make a Charisma (Performance) check to sing, you are considered proficient in the Performance skill. In addition, You know the *Friends* cantrip.

Cantrip. You know the *Gust* and *Presdigitation* cantrips.

Sky Tribe - Strig

The Strig are a rarity, even among other Vastaya. Very few in number, the Strig are described as being 'reptilian butterflies'. This is mostly due to their unique patterns and wing styles. They have increased control over their own shapeshifting abilities, utilizing magic to conceal or trick. The Strig are also a very learned tribe of Vastaya, taking in knowledge about herbs, medicines and magic to be passed down to the next generation.

Ability Score Improvement. Your Intelligence score increases by 1.

Size. As the Strig's Sho'ma are more attuned to smaller animal spirits, they can vary from 3 feet tall to 5 feet. Your size can be either Small or Medium.

Hawkeye. You can see twice as far as humans in clear weather. You are proficient in the Perception skill.

Flight. You have a flying speed of 20 ft. To use this speed, you can't be wearing medium or heavy armor.

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Half-Vastaya

Half-breeds of Vastaya and human are extremely rare in most regions of Runeterra, and are not considered true Vastaya. They do have some Vastayan blood that grants some form of Vastaya ability.

Physiology

Half-Vastaya are typically the most human-like; for instance, feline or foxlike ears, tails, or feathers. Their animalistic natures is very muted, however, and they can easily be passed off as a pure human in terms of appearance. For example, a Half-Vastaya may only have the ears of a wolf, but would be otherwise completely human in appearance. From what little is known about Half-Vastaya, they seem to still retain some animalistic tendencies, such as predator's brutality or temperament.

Outcasts

Certain tribes consider having children with a non-Vastayan a taboo, and expel those violating the norm. The community of the non-Vastayans are known to be equally as harsh. While there are those who would be accepting of such a union, it is the exception and not the norm. Half-Vastayans typically live a much harder life as a result, having to somehow make peace with their dual nature. Despite this burden, they are just as capable as any other living being to achieve great things with the necessary willpower and determination.

Half-Vastaya Traits

Ability Score Increase. Your Charisma score increases by 2, and two Ability Scores of your choice increase by 1.

Age. Half-Vastaya mature at the same rate Humans do and reach Adulthood around the age of 20. They live much longer than Humans, however, often exceeding 180 years.

Alignment. Half-Vastaya share the chaotic bent of their magical heritage. They often value their personal values greatly. While there are very few Half-Vastaya, they are the same as humans in that both 'Good' and 'Evil' can be found all over.

Size. Half-Vastaya are about the same size as Humans and Vastaya alike, ranging from 5 to 6 feet tall. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Vastayan Spirit. You can alter small details of your appearance at will, such as the colour and patterns of your feathers, fur, scales or skin. You determine the specifics of the changes, including your coloration, hair length, eye color. You cannot alter your appearance to resemble another person.

Magical Ancestry. You cannot be put to sleep by magical means and gain advantage against being charmed.

Spiritual Versatility. You are proficient in the Animal Handling skill, and in one skill of your choice.

Language. You can speak, read, and write Common, Baraashi, and one extra language of your choice.

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Yordles

The Yordle are a race of spirits who generally take the appearance of mammalian bipeds. They mostly reside in a mystical place known as Bandle City, though some of them have ventured out to live in numerous locations around Runeterra.

> "Yordles. Why did it have to be Yordles?" - Ezreal

History

Yordles came from a self-contained pocket within the spirit realm, with no direct "mirror" in the material realm of Runeterra. The origin of this race is unknown but can be traced back to a prehistoric time when there were no civilizations on land thanks to the existence of Fizz, an amphibious yordle. At that time they were a nomadic race, traveling from one part of Valoran to the other. They lived in tight neat family groups as well as near early humans. During prehistoric times they had tails and front canine teeth.

Overtime as human civilizations advanced, so did yordles appearances and capabilities. To easily blend in human areas, yordles at one point started using an ability called "Glamour", which gave them the appearance of a small stature humans. To this day, most yordles stay inside the mystical spiritual realm known as Bandle City, only venturing out on rare occasions. There are numerous gateways across Runeterra that yordles, and others more knowledgeable and perceptive, are able to use to get to in and out of Bandle City.

The Mythical Bandle City

Opinions differ as to where exactly the home of the yordles is to be found, though a handful of mortals claim to have traveled unseen pathways to a land of curious enchantment beyond the material realm. They tell of a place of unfettered magic, where the foolhardy can be led astray by myriad wonders, and end up lost in a dream...

In Bandle City, it is said that every sensation is heightened for non-yordles. Colors are brighter. Food and drink intoxicates the senses for years and, once tasted, will never be forgotten. The sunlight is eternally golden, the waters crystal clear, and every harvest brings a fruitful bounty. Perhaps some of these claims are true, or maybe none — for no two tale-tellers ever seem to agree on what they actually saw.
Only one thing is known for certain, and that is the timeless quality of Bandle City and its inhabitants. This might explain why those mortals who find their way back often appear to have aged tremendously, while many more never return at all.

While there are portals whose positions can shift over time, there are many that stay rooted in a single location. The magic of the spirit realm occasionally ebbs back and forth around such places—known as bandlewoods—and affects the local flora and fauna in strange, unpredictable ways.
The doorways between realms are finicky and seldom open, even to creatures as dexterous as cats such as Yuumi. Yordles would have to wait for days for the eastern star to align with a particular stone archway, or waded impatiently between marsh-lilies, seeking a silver blossom blooming from the mud —only then would a pathway appear.

Physiology

What differentiates yordles from other magical folk is that their physiology is more consistent between its members. Yordles are sexually di-morphic and much shorter than humans; both sexes rarely exceed 4 feet tall. Their skin texture ranges from being completely smooth, to very lightly covered in fur, to ultimately being significantly furry. Their hands have four digits (some yordles are also seen with five digits) while their feet differ greatly depending on the individual (from four to two digit feet).

Their skin tone runs a much broader spectrum of colors than their human counterparts; some consider this to be a sign of the yordles' attunement to Runeterra's magical nature; though scientists agree that this evolutionary trait is used by male Yordles, which tend to be furry, to attract females of their species, which tend to be smooth skinned and/or lightly covered with fur. Their large eyes feature a large, circular iris with a vertically oval pupil. Yordles nevertheless have much better hearing, due to their large fox-like ears.

Yordle Culture

During the early periods of Bandle City, Yordles that resided in this spiritual realm started constructing intricate system of gateways which would enable them to travel to the material realm of Runeterra. During the centuries, Runeterran civilizations rose and fallen, but the gateway system became ever more complex, connected with each other through magical leylines that crossed between the spiritual and material realms.

Bandle City residents wear a variety of different garments, armor, and accessories. Due to many Yordles leaving Bandle City, those that return sport clothing from common to the Runeterran cultures they were the longest part of. Those who do not travel outside of Bandle City wear clothing similar to mage robes, with giant hats adorning their heads.

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Yordle Traits

Ability Score Improvement. Your Charisma score increases by 2 and your Intelligence score by 1.

Age. Yordles have exceptionally longer life spans than the average human, this is partially due to the innate magic within all yordles.

Size. Yordles rarely exceed 4 feet tall, with most averaging at or below 3 feet. Your size is Small.

Alignment. Yordles are peaceful, often marked with joviality and light prankishness; their moral compass is often pointed toward good and benevolence.

Language. You can speak, read and write Common and Yordle.

Speed. Your small size gives you a base walking speed of 25 feet.

Glamour. Your mystical nature to blend into human society allows you remain unremarkable. People will generally see you as a short-statured human. You gain advantage to deception and persuasion checks to maintain the ruse. Additionally, you know the *Disguise Self* spell and can cast it twice per Long Rest. Charisma is your spellcasting ability for this spell.

Keen Senses. You have proficiency in the Perception skill, and your large ears give you advantage in Perception checks related to hearing.

Yordle Cunning. You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.

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Trolls

Trolls are a grotesque, humanoid species that inhabit the Freljord and Shurima. Frost-trolls of the Freljord are mostly blue-skinned and live in tribes. Lately, the frost-trolls have begun preparing for war, rallying under the banner of Trundle OriginalSquare Trundle, the Troll King. There are also sand-trolls that live in Shurima and Ixtal. It is unknown how many sand-trolls are still extant, as their kind are considered a myth in modern times.

> "Did you know sand trolls are a thing? I, for one, did not know sand-trolls were a thing. Turns out sand trolls, totally a thing." - Ezreal, *Ezreal's Field Notes*

Frost Trolls

Frost-trolls have blue skin, with wart-like protrusions all across their bodies. While they are mostly hairless, most trolls have long mane-like hair and beards which can be various shades of red, blue, orange, brown, or grey. Their eyes glow blue, obscuring their pupils and irises.
Their jaws are able to open up to an unnaturally large angle to crunch on meat and intimidate smaller individuals. Unlike humans, they have three-digit hands and stumpy feet. Frost-trolls are among the very few races that are able to wield True Ice and weapons made of it. It is unknown what frost-troll females look like, or if they even have any noticeable physical differences compared to males.

Sand Trolls

Sand-trolls are not as enormous as their frost brethren, as they are more in line with tall and muscular humans. Not much is known about the Sand-trolls aside that they also seem to have either three or four fingers per hand, including the thumb. It's generally agreed that they too are hairless, but the extent of this varies. Their eyes do not glow, and seem to usually be a shade of brown.

Troll Traits

Ability Score Improvement. Your Constitution score increases by 2, and one other depending on your subrace.

Age. There are tales of trolls being well over 250 years old. Trolls do not experience the drawbacks of old age until their final years.

Alignment. Frost-trolls and some Sand-trolls tend to be more aggressive due to the extreme environments they grow up in, but they do not tend toward any sort of alignment.

Languages. You can read, speak and write Common and Troll.

Size. Trolls are usually powerful in their build, though typically they can be up to 7 feet tall. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Subrace. Choose between the Frost-troll and Sand-troll subraces.

Frost Troll

Frost-trolls are enormous and muscular, and they use their size to intimidate and overpower lesser creatures and races.

Ability Score Improvement. Your Strength score increases by 1.

Rampage. When you reduce a creature to 0 hit points with a melee attack on your turn, you may use a bonus action to move up to half your speed and make a bite attack. This can only be done up to twice per round.

Legacy of the Ice. You are resistant to cold damage, and become immune to the effects of Extreme Cold. You can also wield True Ice weapons as if it was a normal weapon.

Bite. You are proficient with your bite attack, which is a melee weapon attack that deals 1d6 piercing damage plus your Strength modifier.

Sand Troll

Their anatomy overall is closer to humans, though one would still be able to see the front tusks peeking out from their mouth. It's also been believed that Sand-trolls have a natural instinct towards battle and capable of using various tactics during the heat of battle.

Ability Score Improvement. Your Dexterity Score increases by 1.

Fury of the Sand. When you deal damage to a creature with a weapon attack, you can choose to deal additional force damage equal to your level. After using this feature, you must take a long rest before doing so again.

Heat Acclimation. You are resistant to fire damage, and become immune to the effects of Extreme Heat.

Martial Instinct. You gain proficiency in light armor, and two martial weapons of your choice.

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Minotaurs

Minotaurs are enormous humanoid bovines. They live in great tribes in the vicinity of Piltover and Noxus, and are quite noble and valorous in their ways.

Physiology

Minotaurs are a bovine anthropomorphic race, often mistaken for Vastaya or Shuriman Ascended. They are massive and muscular, and have horns. Minotaur horns come in various shapes and sizes; some individuals even have horns with multiple points. Their entire bodies are covered in hair, which can come in various colors; we know of brown, cyan, and purple minotaurs. This hair can be short or long, and peaks in a ridge down a minotaur's spine, looking a bit like a mane.

Minotaurs have three digit hands, though some can be seen with four or five digits. Like other bovines, they have digitigrade legs with hooves instead of human-like legs and feet. Minotaurs have eyes that appear to glow red, though some may not have this. It is unknown what female minotaurs look like or whether they have any significant physical differences from male minotaurs.

Effective Warriors

Powerful enough to shake the ground they stomp on, minotaurs are an imposing race often sought after as Reckoners and soldiers. They often use their horns as additional weapons, though these are not able to grow back after being damaged.

Many Minotaur clans joined the Noxian Minotaur Smith war machine; those that opposed the empire have been enslaved and forced to fight as gladiators in the brutal Noxian event known as the Fleshing. Some minotaurs migrated to Demacia and integrated into the kingdom's society; there are even some in the Dauntless Vanguard.

Minotaur Traits

Ability Score Improvement. Your Strength Score Increases by 2 and your Constitution score by 1.

Age. Minotaurs age and mature at about the same rate as humans up to the age of 18. From then on they age slowly staying fit for at least 150 years.

Alignment. Minotaurs in Runeterra grow up in clans, where their strength is revered even by other races. They do tend to have a lawful bent, but all alignments are possible.

Languages. You can read, speak and write Common and one language of your choice.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Horns. Your deadly horns are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d6 + your Strength modifier.

Bull Rush. When you take the Dash action on your turn, you can use your bonus action to make one melee attack with your horns.

Minotaur Bravery. You are immune to being frightened.

Powerful Build. You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

Word of Note

If you decide to play by the lore of Runeterra, then only these races are meant to be used. Meaning that they would probably be very awkward to use with other races from various sources like the PHB. However, you can always ask your Dungeon Master if you want to use other races from other sources.

Credits

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